



# GREEN GROUP

(BROCCOLI, BRUSSELS SPROUTS, CABBAGE, CHINESE CABBAGE OR BOK CHOI, KALE)

These contain the chemicals sulforaphane and isocyanate and they also contain indoles, all of which help ward off cancer by inhibiting carcinogens.



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Juice Plus 🍇🍉🥦 103w



## RED/PURPLE GROUP

(BEETS, EGGPLANT, PURPLE GRAPES, RED WINE, PRUNES, CRANBERRIES, BLUEBERRIES, BLACKBERRIES, STRAWBERRIES, RED APPLES)



These are loaded with powerful antioxidants called anthocyanins believed to protect against heart disease by preventing blood clots.



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